

HomeRuns

#361

Newsletter of the Hobson's Bay Running Club Inc, Melbourne

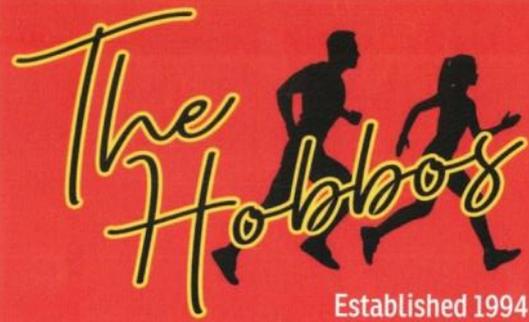
"I'm So Excited"

Brony's first ever Egg



Coaching for Charity - Marathon Tips





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Pre-race view, Drink Station #1, MRR



Forthcoming Events

Sat 27th Sept	7:40am, September Handicap & Morning Tea
Sun 12th Oct	Melbourne Marathon Festival
Sat 25th Oct	7:40am, October Handicap & Morning Tea
Mon 3rd Nov	6pm, 10th Phar Lap 2-mile, Old Williamstown Racecourse
Mon 10th Nov	Hobbos Committee Meeting, 7:30pm on Zoom
Tue 18th Nov	Spring Gift 1500m & BBQ, NPAT, 6pm
Sun 7th Dec	Christmas Gift 1500m & BBQ, time TBA

For details of our 2025/26 Daylight Savings Series and other events, see the various columns, articles and flyers throughout *Home Runs*. As always, see Facebook for latest & event registration advice

The Hobbos - a social club with a running problem



Membership

2025 Memberships were due on 4th April

<https://www.hobbos.org.au/new-membership-link/>

Membership fees

Individual: \$70 (fee unchanged this year despite increasing insurance cost)

Concession/Pensioner/Child*: \$30 (no change)

Family: 2 x Single membership (Unlimited children)**

* a child not part of a family membership

** please nominate participating family members

Runners who are not financial members are free to enter the monthly handicap but are not eligible to win the PRIZED KENYAN EGG

FACEBOOK & INSTAGRAM

Don't forget our social media. It's a great way to share information or gossip, rather than waiting for the newsletter.

WEBSITE



From the Editor's Desk

with Michael Slee



New club record set - the entire race field and helpers all in our club marquee... because it was better than outside!

Thanks to M.J. Magnusson for snapping the moment and posting the proof.

Thanks also to Anna Bovdis for her August Handicap photos.

We have Marathon tips for success and enjoyment by **Abby Speakman**, club sponsor through **Symmetry Physio**.

Brony introduces us to our new Member Protection Officer, **Mary-Ellen Brierly**. Find out more about Mary-Ellen and her role.



Luke Beck outlines the upcoming Trail Run events and catches us up with some recent performances with pictures.

Finally, Brian shared the first part of a chance encounter which led to something bigger than he expected.

And of course we have all you want to know about the August Handicap, the GC & TJC. Go Brony!

So, join us, in your footy colours, this Saturday. The weather will be perfect...as always!

7:40am (or earlier) avoids the queue for handicap #361



John Ayton's **SportsPower** Williamstown



new balance

30% OFF

*All women's & men's
New Balance shoes
Until the end of October*





This month we can say that Spring is here, with a couple of warm days so far and days getting longer. Believe it or not, Daylight Savings starts in just 2 weeks!

While many members are well into Melbourne Marathon training, I'm training for next month's Burnie 10, and for the Two Bays 28k in January, as well as trying to get back into half marathon shape, so far in my injury comeback I'm back up to a 22k long run and 40k/week.

As an ex-resident of Geelong, and as you might have noticed, a Geelong Cats supporter, I was excited to see the recent announcement of the Geelong Running Festival including full and half marathons and other distances, after many years in the pipeline. This is all thanks to former Olympian Lee Troop, a Geelong native who represented Australia in the marathon at the 2000, 2004 and 2008 Olympic Games. Entries have opened for the festival races which are 1 year from now, on Sunday 20th September 2026. Not sure this will tempt me to lace up again for a full, but I'll definitely be planning on running the half on this new city course. I wasn't a runner when we lived in Geelong, but have been back a few times for the Geelong Half along the Barwon River.

The Tan Relays

Last Saturday was the final event of the Athletics Victoria XCR series and the last event of the Hobbos Winter Series. The Tan Relays were attended by over 300 teams and about 1200 runners. We were represented by 12 teams and 40 runners with many great results including these;

Our Mens Div 6 team of Wayyln, Jimmy, Dean & Gareth came 2nd out of 11 teams in their division, and they were the 4 fastest Hobbos.

Our Womens Div 5 team of Laura, Jessica & Tameka came 3rd out of 9 teams in their division, with Tameka the 7th fastest Hobbo and Laura 10th fastest while coming back from injury and backing up her 3rd female and 1st in age group in the previous weekends' Maribyrnong River Run 10k event.

Full results and photos elsewhere in this edition of Home Runs.

It was a great morning, with nice running conditions, as the rain had cleared by 7:30am and the track was dry, in contrast to last year. Thanks to everyone who participated in this year's relay series at Jells Park, Sandown and The Tan. See you next year for more fun!

The Daylight Savings Series

With the culmination of the Winter Series last weekend at the Tan Relays, it's time to look forward to the DSS, which is a 6-race series with much easier qualification rules than our Greenwich Cup and Ted Joy Cup competitions. The first event this year is the Phar Lap 2-mile sealed handicap race at Altona Coastal Park (old Williamstown Racecourse) on Melbourne Cup Eve. Watch out for more details and get ready to register.

Ther first 3 events take place this year:

Mon 3rd Nov 10th Annual Phar Lap 2-mile sealed handicap

Tue 18th Nov Spring Gift 1500m handicap

Sun 7th Dev Christmas Gift 1500m handicap

Until next month, stay fit, healthy and safe.



Tan Relays 2025

Hobbos Team Ranking

Individual Ranking

1	Waylyn Turner	14:05.0	0:58:19	0:43:44	2nd/11	1	Waylyn Turner	M6	14:05.0
M6	Jimmy Dwyer	14:23.0	total time	3 runner equivalent		2	Jimmy Dwyer	M6	14:23.0
	Dean Crowley	14:54.0				4sec pb			
	Gareth Coakley	14:57.0							
2	Laura Perree	16:10.0		0:48:42	3rd/9	Maryanne McSweeney			Geelong Aths
F4	Jessica Waters	16:51.0		total time		F1			15:21.0
	Tameka Day	15:41.0				5	Mario Valastro	M6	15:39.0
						6	Cain Speakman	M6	15:40.0
3	Kieran Leonard	16:00.0	1:06:25	0:49:49	7th/11	7	Tameka Day	F4	15:41.0
M6	Mario Valastro	15:39.0	total time	3 runner equivalent		8	Kieran Leonard	M6	16:00.0
	Cain Speakman	15:40.0							
	Daniel Goodwin	19:06.0							
4	Kevin Aldred	17:58.0	1:10:33	0:52:55	13th/25		Abby Speakman	Western Aths	
M7	Weiger Vos	17:19.0	total time	3 runner equivalent		11	Oliver Rees	M7	16:14.0
	Malcolm Powers	17:06.0							
	Mike Newby	18:10.0							
5	Brandon Bergin	22:28.0	1:12:23	0:54:17	15th/25	12	John Gray	M60	16:28.0
M7	Kevin Mahon	16:07.0	total time	3 runner equivalent		13	Jessica Waters	F4	16:51.0
	Oliver Rees	16:14.0							
	Matt Loader	17:34.0							
6	Ron Van Der Hyde	17:38.0		0:55:41	6th/11	14	Malcolm Powers	M7	17:06.0
M60	Peter Whyte	21:35.0		total time		15	Weiger Vos	M7	17:19.0
	John Gray	16:28.0				16	Terry Pearce	M60	17:23.0
						17	Matt Loader	M7	17:34.0
									23sec pb
7	Terry Pearce	17:23.0		0:58:48	9th/11	18	Ron Van Der Hyde	M60	17:38.0
M60	Susan Walker	20:55.0		total time		19	Kevin Aldred	M7	17:58.0
	Neil Speakman	20:30.0				20	Kaia Morris	F5	18:04.0
									45sec pb
8	Clare Beaumont	18:14.0		1:00:07	3rd/5		Mike Newby	M7	18:10.0
F40	Tara Fairbrother	22:52.0		total time			Clare Beaumont	F40	18:14.0
	Melanie Griffin	19:01.0					Gracie McKenzie	Western Aths	
								F5	18:14.0
9	Kaia Morris	18:04.0		1:00:11	12th/15		Melanie Griffin	F40	19:01.0
F50	Nina Lang	22:20.0		total time			Daniel Goodwin	M6	19:06.0
	Mary-Ellen Brierly	19:47.0					Aidan Keranen	Williy Aths	
								M5	19:16.0
10	Sonia Brockington	20:10.0		1:01:23	4th/5		Mary-Ellen Brierly	F5	19:47.0
F40	Rachael Kealy	20:25.0		total time					21 sec pb
	Linda Viberg	20:48.0					Karen Hayes	F50	19:53.0
							Sonia Brockington	F40	20:10.0
11	Anastasia Aldred	20:49.0		1:02:38	4th/7		Rachael Kealy	F40	20:25.0
F50	Anna Bovdis	21:06.0		total time			Anna McAlister	F50	20:28.0
	Helen Whyte	20:43.0					Neil Speakman	M60	20:30.0
							Helen Whyte	F60	20:43.0
12	Anna McAlister	20:28.0		1:03:03	5th/7		Linda Viberg	F40	20:48.0
F50	Melissa Rutze	22:42.0		total time			Anastasia Aldred	F50	20:49.0
	Karen Hayes	19:53.0							19sec pb
							Susan Walker	M60	20:55.0
							Anna Bovdis	F50	21:06.0
							Peter Whyte	M60	21:35.0
							Nina Lang	F5	22:20.0
							Brandon Bergin	M7	22:28.0
							Melissa Rutze	M50	22:42.0
									67sec pb
							Tara Fairbrother	F40	22:52.0





country
hope

MAXimum Miles for Country Hope



**330KM
FOR MAX**



START: WEDNESDAY 03-SEP-25

ALBURY-WODONGA

FINISH: SUNDAY 07-SEP-25

**ROYAL CHILDREN'S
HOSPITAL
MELBOURNE**

SCAN TO DONATE



This impressive effort isn't just about the distance; it's about raising vital funds and awareness for Country Hope and the urgent need for organ donation. Harley's 5 year old son, Max, is bravely battling Renal Dysplasia and needs a kidney donation. Donate to support this important cause and make a difference in Max's life and the lives of many others!

www.countryhope.com.au/maximum-miles



Coaching for Charity - Albury to Melbourne - Part 1

A few months back while doing a Sunday run, a quiet runner joined us for a long run. Little did I know at the time, that our chance encounter would lead to a coaching adventure of a lifetime, with so much reward, by giving back.

Harley Turner explained at the time that he wanted to do a few long runs with us to train for a +330km run he was planning from Albury to The Royal Children's Hospital in Melbourne for a charity. While he was doing quite a few runs, many were around the 10k mark, which looked like he was going to fall short of correct training for his planned target, that was quickly closing in..

During our slower long runs on Sundays, we get a great chance to chat a lot, as the hours pass by. During the following long run, I learnt that this charity event, was to 'give back' to Country Hope. Country Hope is a charity who helped Harley and his family during a time of crisis, both in Albury, and transitioning to Melbourne to be closer to the required specialised medical care. Harley's son, Max (now 6), was born without formed kidneys (renal dysplasia), and has also had many other medical issues that stop a child from doing normal things that a child his age could do, even playing was a task. As Max is on Dialysis 5 'full days' a week, it takes away a lot of quality time from him and his family, while attending hospital.

raise funds for the charity that helped his family so much.

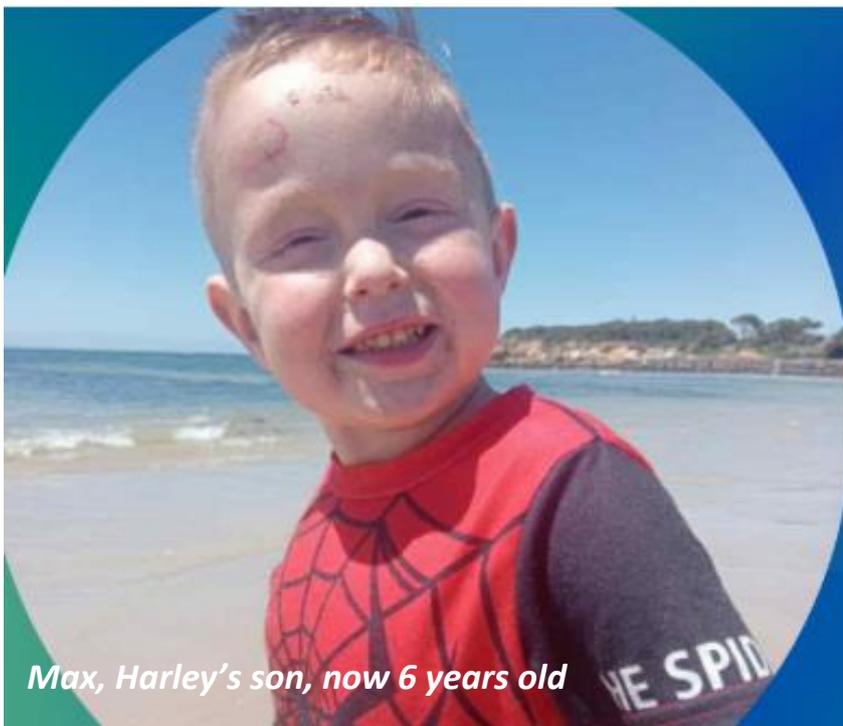
As a coach, things like this hit home, and one always thinks of a family member of similar age, and imagines how tough it would be for them and family...

It wasn't much longer after this, that Harley asked if I could help him with a coaching plan. We looked at the training time he had left, just over 2 months, the training needed, and knew it would be a high risk challenge. As the date was locked in (3rd September), we had a very ambitious plan, with the major concern being to get the best balance of training, with the minimal amount of injury risk.

Being a coach at times can be very challenging in these scenarios, as dates are fixed, and if an athlete is injured during training, they can't change the date. Given that this event was now fully advertised, with dates locked in, the pressure was on to ensure that Harley never got injured.

By using careful planning, and bike as cross training, Harley managed to ramp up and get a maximum of 2 consecutive days of 50km runs, with the 3rd day 30km. These were also loaded with some long bike rides.

While this was a fair way short of the requirement to run 5 consecutive days, it was the safest (and still ambitious) highest load we could get in



Max, Harley's son, now 6 years old



While this would have a massive toll on most families, Harley decided to tackle it head on, and raise awareness for organ donation, and

the given time frame. I remember thinking at the time, while Harley is a bit undercooked, his determination was so strong, that I believed that



would get him through any shortfall.

While my coaching area of expertise is normally a maximum 42km marathon, I knew that I could add value for a great cause.

I started off by chasing information in areas that I was lacking. I knew the basics for nutrition, with enough solid experience from marathons, but back to back Ultra Marathons are different, so added nutrition as one area. Country Hope then engaged a nutritionist.

I then managed to touch base with Ryan Fowler (Rio's Legacy), who had previously run from Perth to Melbourne. Ryan added great value. Ryan's contact details were passed on by Gareth Elsten, whose family has close ties (Thank you Gareth).

We gathered as much information from Ryan as possible, and in particular how they handled the logistics with runner safety, traffic control, insurance, etc.

I also contacted various other coaches and local runners to get advice on the various locations that we planned to pass through.

As we had tested both solid food, and gels during Harleys training runs, we knew that he could handle pretty much anything. I calculated that he would go through up to 9000 calories in a day, which is not easy to replenish. His hydration requirements on training runs were around 450ml per hour on cooler training days, which we predicted would be similar during the event.

As each daily distance is a long way (An Ultra each day), I planned to make it mentally easier by 'descending' the total each day. This way, even though the residue load would be more and more each day, the mental side would be better knowing that it's shorter as we get closer to the finish.

We decided to use:

Day1: 85km,

Day2: 75km,

Day3: 66km,

Day4: 62km,

Day5: 42km

We used Google Maps and set it to walk mode for initial planning, and came up with a basic route. Mon, from Country Hope, would then put the final details into directions on a spreadsheet for use on the event days.

This led us to the following route:

Day1: Albury - Wodonga - Glenrowan

Day2: Glenrowan - Euroa

Day3: Euroa - Seymour

Day4: Seymour - Craigieburn

Day5: Craigieburn - Royal Children's Hospital Melbourne

After finalising the route in spreadsheets (thanks Mon), I contacted a couple of local runners from some of the areas, to check and validate if anything was too challenging.

All came back ok, so we were on track with our best route, which avoided main freeways, and major roads as much as possible. We did train on some major roads in the event that we were forced into risky areas, but were still not comfortable with that risk.

Insurance was next on the list and Ryan provided their insurance company details, and Country Hope organized this along with potential police notification.

During this time of planning, Country Hope were starting to advertise on Facebook and I did the same on other sites, when Ryan Fowler managed to get the attention of Jacinta Allan via his contacts, who then interviewed Harley, Emma, Max, and Country Hope.



Harley, Joy (Harley's mum) followed by mate Andrew (undies) on the bike...



Within minutes of that interview, Jacinta Allan donated \$10,000 for the great cause. After this Time, many others donated (including many Hobbos and Williamstown Legends). The support was just amazing (Thank you all).

As event day approached, we planned traffic management. Country Hope have two vehicles, a rally car, and a ute. We then took two extra cars, Emma's (Harley's wife), and my car. I added some flashing lights and roof rack to my car, and carried a bike.

The day before the event, we drove up to Albury and all met at Harley's mum's house to discuss our plan. Cindy and I met up with Mon from Country hope, Harley, and family.

We planned the first day ahead (tomorrow). It was during this time that Jason indicated that we would hit this nasty set of hills, so we pulled a last-minute change to avoid them, at a cost of a few extra kilometers. It was



also then that Harley wanted to change the start point from an Albury Park, which now added quite a few extra kilometres to the first day!! (A coaches injury risk nightmare).

Harley had great family and friend support, with most of his family and his best friend Andrew (Undies) along for the first 8km to the official start, being Max's old primary school in Wadonga. During this run, I learnt that Harley had done 8km the day before as a test run, to ensure that his friend could make the 8k distance on the first day. This was a bit of a shock at first, because we had an agreed planned taper, and nil runs for a few days prior. Even though it was only 8km, some residue would be present, which adds extra injury risk load. A

quick Talley, now had me in shock, our first 85km day, was now 94km!!! While this may not seem much in the scheme of things, it is massive from a continuous load perspective.

The official start was around 9am (late for an Ultra run), where the school had assembly and spoke about Harley's endeavors, along with the children singing Harley a Happy birthday (what a start date!!). Media and radio stations were present, while Harley run through a guard of honor formed by the children side by side. It was quite a start scene to watch.

I ran some more distance with Harley, and Andrew rode a bike beside him most of the day. We decided a weight check was required at the start and end of each day, to ensure that our hydration was adequate.

We planned for 400-450ml per hour, and either food or gels every 30 minutes. The solid food worked for a while, but while he could tolerate it, there is only so much pasta, rice, potatoes that the mind can tolerate over many hours, and the desire to eat goes away. Lollies, gels,

mints, etc, worked in these occasions. I was constantly watching the clock each 30 minutes to advise next hydration pack, food, gels, etc. As for the nutrition plan, we aborted it before day 1, because it had chilies, dates, and a fair few other goodies that I wouldn't recommend while doing long runs. We were now back to



our initial pasta, rice, potatoes, gels, and yes.... more lollies...

We had Harley's mum (Joy), and step father (Jason) in the Front rally vehicle sharing driving duties.

Cindy and I shared driving in the vehicle immedi-



ately behind Harley, creating a safety barrier. Mon from Country Hope drove the 2nd rear vehicle sitting further back for early traffic warning. Emma would then rotate to different positions and drive ahead to organize anything from towns, lunch, extra medical, ice, etc.

We all communicated via portable UHF radios, over 3 channels. Channel 30 for everyone, including Harley, channel 35 for support team only (minus Harley), and channel 40 for truck and highway traffic warning.

Everyone worked so well as a team, and it didn't take too long for us to master Harley's traffic protection.

We worked so well as a team, that even if one car moved out of position, another would automatically just take over the position, until the original could get back in line.

It was a long day for drivers, travelling very slow, for up to 12 hours, so it was shared.

We got to a late lunch on this first day, and Harley rested on a portable chair to get some quality rest time under a shaded tree.

This is where we managed to get some great insight into Harley's health and wellbeing. He was in strong mind, fully determined to continue on, with only some minor blisters that required a bandaid. I could tell at this stage, that he was one very strong athlete, and very determined to make his goal (more on this in part 2).

While running the first day, we managed to get in enough nutrition and hydration to maintain Harley in good form, but knew that a change may have been required for nutrition.

We also used ice along the run for him to cool the back of his neck, and to chew on.

After arriving very late (around 9pm) in Glenrowan, we were surprised by Ryan Fowler, who had been waiting. Ryan planned to run 42km of Harleys Day2 to keep him company.

It is amazing how much Ryan assisted, and he best summed it up the way I was thinking. He could relate to the cause, so wanted to help in any way he could. Anyone with some extra time, look up Rios Legacy, and see what Ryan has done. He is an amazing person, very positive, and strongly focused to helping children, families, charities, and has built up a charity empire that is helping by building hospices for children across Australia.

This is the end of part 1, I will add part 2 in next month's newsletter, and promise some very interesting reading, as we hit quite a few hurdles in the days following.

Some that I never even thought of, nor planned for.

Note: The closing of the charity donations is this month 30th of September, so if you haven't donated to a charity this year, this one is for a good cause.

website is: <https://www.countryhope.com.au/maximum-miles>

Brian Armstrong

Hobsons Bay Running Club Head Coach & Coaching Co-ordinator

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MPIO - Member Protection Information Officer

An MPIO is a designated individual within a sport or community organization who serves as the initial, impartial point of contact for people with concerns, questions, or complaints about member protection.

Meet **Mary-Ellen Brierley**, the HBRC MPIO. Mary-Ellen's primary role is to provide confidential information about rights, responsibilities, and available options for resolving issues, but she DOES NOT investigate complaints or mediate conflicts. MPIOs guide people to the appropriate complaint handling procedures and support systems within the organization.

Key functions of an MPIO:

First point of contact:

Mary-Ellen is the initial contact for concerns related to harassment, abuse, or other inappropriate behaviour.

Information and guidance:

Mary-Ellen will provide information about a sport's member protection policies and the options available to individuals.

Impartial support:

Mary-Ellen will listen, act as a sounding board, and offer information in a confidential and impartial manner.

Referral:

Mary-Ellen will refer people to the correct person or department within the organization to handle the complaint or issue.

Confidentiality:

Mary-Ellen will maintain confidentiality regarding any information she receives.

What Mary-Ellen, as the HBRC MPIO, DOES NOT do:

- **Investigate complaints:** Mary-Ellen IS NOT an investigator and does not determine the method for addressing a complaint.
- **Mediate disputes:** Mary-Ellen does not mediate between different parties involved in a complaint.

Make decisions or impose discipline: Mary-Ellen has no authority to make decisions or impose disciplinary measures.

Why MPIO'S are important:

MPIOs ensure that members have a trusted and accessible person to turn to with sensitive issues. They help to ensure fair, safe, and inclusive environments within sporting organisations.

You can contact Mary-Ellen, our MPIO, via email:

MPIO@hobbos.org.au

You can report any incident via the following link, which will be monitored weekly:

<https://www.hobbos.org.au/forms-links/>



Mary-Ellen our new MPIO





Get ready to conquer the Melbourne Marathon with our expert tips on training, tapering, and enjoying every step of your race day journey.

Running the Melbourne Marathon: Tips for Success and Enjoyment

The Melbourne Marathon is just around the corner, and whether you're an experienced marathoner or a newbie considering your first fun run, this blog post will provide you with valuable tips to help you not only finish your chosen distance but also enjoy every step of the way on the Melbourne Marathon race day.

Pre-Race Preparation and Tapering for the Melbourne Marathon

With the Melbourne Marathon just around the corner this weekend, your training should be well underway. Now, it's time to focus on tapering off in readiness for the event.



1. *Tapering for Melbourne Marathon:* Tapering means reducing the volume and intensity of your training in the final weeks leading up to the Race Day. It allows your body to recover and be at its best on race day. Start tapering about two to three weeks before the event.
2. *Reducing Mileage:* During the tapering phase, gradually reduce your weekly mileage. This should be a gentle decline in the distance you run, so your muscles can recover while maintaining fitness.
3. *Quality Workouts:* Focus on quality over quantity during your training. Incorporate a few shorter, higher-intensity runs or intervals to keep your body sharp without causing fatigue.
4. *Rest and Recovery:* Pay attention to rest and recovery during the tapering period. Ensure you're getting enough sleep, eating well, and staying hydrated. This is the time to prioritize self-care.

By tapering off effectively, you'll arrive at the start line with fresh legs and a well-prepared body. Tapering helps reduce the risk of injury and fatigue, ensuring you're in the best condition to tackle the race.

Race Day Essentials for Marathon Participants

On race day, it's crucial to be prepared and organized to minimize stress and maximize your performance.

1. *Melbourne Marathon Gear Checklist:* Lay out your running outfit the night before and ensure you have all necessary gear, including your bib, running shoes, comfortable clothing, and any needed accessories.
2. *Hydration and Fuel on Race Day:* Start your day with a light, balanced meal. During the event, carry energy gels or snacks to keep your energy levels up, and hydrate regularly at the aid stations.

Pacing and Enjoying the Marathon Journey

During the Marathon, pacing yourself is key to ensuring you finish strong and enjoy the experience.

1. *Starting Slow at Melbourne Marathon:* Resist the temptation to sprint at the beginning. Start at a comfortable pace and gradually build up your speed as the race progresses.
2. *Soak in the Scenery of Melbourne:* Take time to appreciate the stunning Melbourne landscapes and the vibrant crowd support during the Melbourne Marathon. Running should be fun, so don't forget to smile!

Overcoming Challenges and Staying Motivated during the Marathon

Throughout a Marathon, you may encounter difficulties, but with the right mindset, you can overcome them.

1. *Mental Toughness for Marathon Runners*: Stay positive and remind yourself why you signed up. Mental strength can carry you through the toughest moments.
2. *Crowd Support and Melbourne Marathon Participants*: Feed off the energy of the cheering crowd and enjoy the support from fellow runners. High-five kids along the route and share the joy of the event. Crossing the finish line is a remarkable achievement, but marathon recovery is equally important. Myotherapy and massage can significantly expedite your recovery by:

- **Muscle Recovery**: Post-race massages can reduce muscle soreness, inflammation, and stiffness, allowing you to return to your training regimen sooner.
 - **Restoring Balance**: The intense physical stress of a marathon can throw your body out of balance. Myotherapy sessions can help restore your body's equilibrium and improve your overall well-being.
- The Melbourne Marathon offers a memorable experience for runners of all levels. By following these tips and staying committed to your training, you'll not only finish your chosen distance but also have a fantastic time doing it. Whether you're running the Half Marathon, the 10K run, or the 5K fun run in Melbourne, remember that the key to success is enjoying the journey and taking pride in your achievements. Good luck, and have a great race on Melbourne Marathon race day!

For more Marathon Tips and Trick check out:

[Effective Training Strategies for your first Half Marathon](#)

[Mastering your Half Marathon: The Final Week and Race Day Strategies](#)



Empower Your Health Journey

Relief from pain, injury prevention, and achieving peak performance

www.symmetry.physio

84 Douglas Parade, Williamstown **9989 2444**



“I dreamed of winning an egg..”



In record time there was no evidence of us having been anywhere near the place, having relocated to the relative warmth of the rooms at Newport Park Athletics Track. Thanks to Terry and Lois, the room was warm and the water was hot. Coffee, tea and something to eat, warming us up from the inside. Needless to say, there were very few morning tea leftovers.

In all my years of handicaps I don't think I have seen a happier winner in Brony. So much so I snapped away and the evidence is on this page and the next (not forgetting the cover - thanks Brony for being such a great sport).

Brony's win was a popular one – just look at the smiles on the faces of everyone else in response to her absolute joy and surprise.

The headline above says that she had dreamed of winning a handicap. On accepting her Kenyan Egg from Peter Buissink, Brony admitted that she always hoped she would but never really expected to. Like many before her Brony thanked

It wasn't until 7:38am that the number of participants surpassed the number of volunteers and they could all squeeze under the shelter of the Hobbos Gazebo.

The start was slightly delayed – fingers don't work quite so well in the cold – but eventually the race clock was underway and at 45 seconds, so was John Beecroft (the first of many to attempt a running start from the relative warmth of the gazebo).

The first casualty of the race was in fact the race clock itself. Caught by a gust of wind, it toppled over and turned itself off. The clock was then benched for the remainder of the race.

So, with no big, red Hobbos arch (no surprises as to why) and no race clock, the halfway turn lacked some of its usual drama. However, Twhat wasn't lacking were the of cheers of encouragement and support from the volunteer tent.

In a flurry of efficiency the volunteers began to pack away what they could until the finishers drew near. Discussions centred on who might handle the miserable weather conditions the best? The answer was soon apparent – **Brony Rowleson** was first of the eligible Hobbos across the line followed by a flood (pun definitely intended) of others around the target 50-minute mark.



Unfazed by the wet, that's our Brony



those who have encouraged and supported over the years, especially those that attend Tuesday night track and the wonderful coaches.

Now it's time for those annoying race details - the stats.

Quickest 5km of the day - two participants went sub-20. Angus Dart (19:21) and Lorimer Humphreys (19:40)

PB's from David Walker, -1:02 (38:30 walk); Lauren Scardino, running solo for the first time slashed 6:01 from her best for 36:39. Savannah Scardino, running with dad (Andrew) also trimmed 1:35 for a PB of 36:39 as well; freaky!

Brony and Matt Loader were the only Hobbos to

beat the handicapper and come in under the 50 minutes mark. David Walker was bang on 50 mins.

Anastasia Aldred and Rob Falloon were just shy of their PBs, 12 & 11 seconds respectively. Anastasia's great run keeps her in touch with the GC leaders - she's 5th overall. Rob's run propelled him to the top of the GC chart, thanks in part to an absent Eero Keranen.

But, on a day like today everyone deserves a giant thank you. The helpers for battling the elements to set up for the handicap, as well as the hardy souls who turned up, stripped off to their shorts and singlets and ran or walked. The bravest of the brave.



From chair to champ - Brony gets her Kenyan Egg





Rain doesn't dampen Rob's push to the top



Bel takes the wet in her stride, very smoothly



Savannah on her way to a PB



Angus & Lorimer - very fast



Prams on one wheel - serious!



Serious timing...



...serious weather!

August Handicap



Hobbos Handicap - August 2025 - 360 Running



Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
Greenwich Cup											
1	Bronwyn Rowleson	49:43	33:38	16:05	30:03	33:07	16:44	16:54	20	6	26
2	Matt Loader	49:57	22:17	27:40	22:06	22:06	11:03	11:14	19	10	29
3	David Walker	50:00	38:30	11:30	39:32	39:32	19:26	19:04	18	12	30
4	Anastasia Aldred	50:11	26:38	23:35	26:26	26:26	13:20	13:18	17	10	27
5	John Gray	50:19	20:54	29:25	18:51	20:00	10:22	10:32	16	3	19
6	Rob Falloon	50:26	34:16	16:10	34:05	34:05	17:10	17:06	15	10	25
7	Melissa Rutze	50:36	29:51	20:45	26:02	27:12	14:42	15:09	14	0	14
8	Michael Musgrove	50:40	40:45	9:55	35:15	40:09	20:26	20:19	13	6	19
9	William Hart	50:49	28:14	22:35	27:59	27:59	14:05	14:09	12	9	21
10	Susan Walker	51:00	26:45	24:15	22:44	24:58	13:21	13:24	11	0	11
11	Belinda Fithie	51:09	30:54	20:15	27:34	28:08	15:17	15:37	10	0	10
12	Neil Speakman	51:10	25:30	25:40	23:15	23:15	12:47	12:43	9	0	9
13	Kevin Aldred	51:13	23:28	27:45	22:20	22:20	11:22	12:06	8	0	8
14	Cain Speakman	51:23	20:55	30:15	19:26	19:34	10:32	10:23	7	0	7
15	Mario Valastro	51:30	21:40	29:50	20:15	20:15	10:55	10:45	6	0	6
16	Brian Armstrong	52:09	21:34	30:35	18:09	19:33	10:46	10:48	5	0	5
17	Kaia Morris	52:19	25:04	27:15	23:16	23:16	12:20	12:44	5	0	5
18	John Becroft	53:19	52:34	0:45	24:12	49:35	26:10	26:24	5	0	5
19	John Horan	54:44	27:59	26:45	23:40	23:40	13:21	14:38	5	0	5
20	Ken Smith	55:46	47:31	8:15	22:28	41:52	23:34	23:57	5	0	5
Ineligible											
1	Angus Dart	50:11	19:21	30:50			9:32	9:49	10	0	10
2	Lorrimer Humphreys	50:30	19:40	30:50			9:37	10:03	10	0	10
3	Magnus Vainys	51:59	20:29	31:30	18:48	18:48	10:16	10:13	10	0	10
4	Dean Crowley	50:54	20:39	30:15	20:01	20:01	10:08	10:31	10	0	10
5	Lucas Van Merkestein	49:33	22:03	27:30			11:21	10:42	10	0	10
6	Malcolm Powers	50:17	22:37	27:40	22:34	22:34	11:14	11:23	10	0	10

Hobbos Handicap - August 2025 - 360 Running

Pos	Name	Finish	Time	Start	PB	AGPB	Split 1	Split 2	Points	Bonus	Total
7	Mike Newby	51:31	24:16	27:15	23:13	23:13	11:54	12:22	10	0	10
8	Weiger Vos	50:04	25:04	25:00			2:11	22:53	10	0	10
9	Lauren Scardino	48:35	30:35	18:00	36:39	36:39	14:54	15:41	10	0	10
10	Savannah Scardino	48:34	35:04	13:30	36:39	36:39	17:33	17:31	10	0	10
11	Andrew Scardino	48:41	35:11	13:30	19:02	19:18	17:33	17:38	10	0	10
Ineligible 2.5km											
1	Olly Rees	28:48	0:03	28:45	21:37	21:37	0:03		10	0	10

Results are displayed in Finishing order for the Greenwich Cup, and by Elapsed time otherwise.

Greenwich Cup

THE BATTLE OF THE BYPASSES has tightened and there are a couple of twists still to come. For the lowdown, lets hear from those in the know...



Mick Beasley

Top contributor · 21h · 🌐

Greenwich Cup has been updated for August.

Rob Falloon has overtaken **Eero Keranen** at the top, and although Eero has an event in hand, he did make the mistake of winning last time out which has the potential to negate that. Both Rob and Eero still have their mandatory assist to do, which means that their best five results for the year so far will form part of their final score... and they have an identical total of 150 for those.

Jason Rees still looks the most dangerous challenger, but is rapidly running out of time.

Spain Tokyo

I was privy to some gossip following the handicap that Rob Falloon and his wife Dee are off to Spain and cruising the Mediterranean for September and October, not flying in until Cup day-ish. This gives Rob two handicaps to mount a final challenge and top off his year. Is it really gossip if it came from the horses mouth?

Now, I've also heard that Eero will miss the Tan Relays in September as he will be in Tokyo!!! I know no more than that but of course I'm writing this on the first day of Spring but it will be read at the end of September. Will Eero be back in time re-establish a lead. Time will tell. Ed.



Hobbos Greenwich and Ted Joy Cups 2025



Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight	Notes	Total Runs
1.	Rob Falloon (walk)	10	21	31	32	23	31	31	25					204	n	8
2.	Eero Keranan (Walk)	26	32	26	29	28	29	32						202	n	7
3.	Jac Wainright	10	21	29	(20)	31	27	26						164	n	6
4.	Jason Rees	29	31	30			28	29						147	n	5
5.	Anastasia Aldred	30	20	23	18			17	27					135	n	6
5.	Michael Musgrove	18	19	17	31	11	6	14	19					135	n	8
7.	Kevin Aldred	(20)		6	18	27	21	20	8					120	n	6
8.	John Gray	12	5	12	21	12	(20)	18	19					119	n	7
9.	Kaia Morris	23	21	27			32		5					108	n	5
10.	Leigh Kelly	13	7	27	27	10	(20)							104	n	5
11.	Brian Armstrong	9	26		12	24	(20)	5	5					101	n	6
12.	Anna Bovidis	32			7	(20)	17	(10)	(10)					96	n	3
13.	Ken Smith	10	5	23	(20)	9	17	5	5					94	n	7
13.	Matt Loader	5	5	10	(20)	10	10	5	29					94	n	7
15.	David Walker (walk)	10	10		10	32		30						92	n	5
16.	Michael Slee (walk)	5	5	12	5	12	13	17	(20)					89	n	7
17.	Mario Valastro	5	20	11		26		(20)	6					88	n	5
18.	Andrew Scardino			10	(20)	10	10	26	10					86	n	5
19.	Rae Carter	26	29	5	(20)		5							85	n	4
20.	Cain Speakman	27	7		10	(20)	10		7					81	n	5
21.	Peter Buissink	(20)		(10)	(10)	(10)	(10)	(10)	(10)					80	n	0
22.	Bronwyn Rowleson				10		(20)	14	26					70	n	3
22.	Mick Beasley	(20)	(10)	(10)	(10)	(10)		(10)						70	n	0
24.	Diane Donoghue	(20)	6		5	20	8	10						69	n	5
25.	Graham Edwards		17	22	23	6								68	n	4
26.	Elise Hardiker			10	10	(20)	14	8						62	n	4
27.	Clare Beaumont	10	10	10	10	(20)								60	n	4
27.	Freya Rees	10	10	10	10		10	10						60	n	7
27.	Will McKenzie			(20)	(10)	(10)	(10)	(10)						60	n	0
30.	Belinda Fithie	(20)	5	5	5	5	8		10					58	n	6
31.	Neil Speakman	(20)		8	8		5	5	9					55	n	5
32.	Melissa Rutze			(20)	10	5	5		14					54	n	4
33.	Rachel Kealy		(20)	5	5	5	17							52	n	4
34.	William Hart					10	10	10	21					51	n	4
35.	Olly Rees	10	10	10	10				10					50	n	5
36.	John Horan (Pram)	10	10		10	17								47	n	4

Hobbos Greenwich and Ted Joy Cups 2025

Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight	Notes	Total Runs
36.	Melanie Griffin	13		11		18		5						47	n	4
38.	Anna McAlister	10		10		25								45	n	3
38.	Laura Perree			10	10	25								45	n	3
38.	Tara Fairbrother			10	9	21		5						45	n	6
38.	Terry Pearce			5	20				(20)					45	n	2
42.	John Becroft	7		5	26				5					43	n	4
43.	Cat McRae			10			10	(20)						40	n	2
43.	Lauren Scardino					10	10	10	10					40	n	4
43.	Lois Speakman			10			(20)		(10)					40	n	1
43.	Savannah Scardino					10	10	10	10					40	n	4
47.	Helen Vaxevanis		(20)	5		11								36	n	2
48.	Helen Haralambous					5	30							35	n	2
48.	Jimmy Dwyer	10				5	(20)							35	n	2
48.	Lizzie Stranks	5	30											35	n	2
48.	Michael Rief			10	25									35	n	2
52.	Michael Reif					29		5						34	n	2
52.	Peter Whyte			5	6	5		13						34	n	5
54.	Susan Walker	5	5	5	5	5			11					31	n	5
55.	Ann Girvin			10		(20)								30	n	1
55.	Anna Anderson (Pram)	10		(20)										30	n	1
55.	Harry Scardino					10	10	10						30	n	3
55.	Jane Whitmore					5		5	(20)					30	n	2
55.	Lana Woodhouse			(20)	10									30	n	1
55.	Linda Viberg			10	10		10							30	n	3
55.	Magnus Vaisnys			10	10				10					30	n	3
55.	Mike Newby					10	10	10						30	n	3
55.	Ray Barnard	5		5	5	5	5	5						30	n	6
64.	Stuart Tennant			15		5	5							25	n	3
65.	John Danaher	5				9		9						23	n	3
66.	Brandon Bergin	10			10									20	n	2
66.	Gaye Crichton			10										20	n	2
66.	Kevin Mahon				10	10								20	n	2
66.	Kieran Leonard			5	5	5		5						20	n	4
66.	Mark Letman						(20)							20	n	0
66.	Michael Williams			(20)										20	n	0
66.	Ron Van der Heide				10			10						20	n	2



Hobbos Greenwich and Ted Joy Cups 2025

Current Standings - Greenwich Cup

Place	Name	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Best Eight	Notes	Total Runs
66.	Simon Anderson (Pram)	10		10										20	n	2
66.	Stuart O'Neill		(20)											20	n	0
66.	Tamara Petrov		(20)											20	n	0
76.	Sarah Lowe		11	5										16	n	2
77.	Vanessa Coutts	8	5											13	n	2
78.	Adam Clarke				10									10	n	1
78.	Angus Dart						10							10	n	1
78.	Dean Crowley						10							10	n	1
78.	Di Williamson					10								10	n	1
78.	Dominique Tanner	10												10	n	1
78.	Dominique Tanner (walk)			10										10	n	1
78.	Jalyn Bigarelli			10										10	n	1
78.	Janelle Taylor		10											10	n	1
78.	John Horan					5			5					10	n	2
78.	Karen Hayes						10							10	n	1
78.	Kari Smith						10							10	n	1
78.	Kieran Leonard (Chillie)	10												10	n	1
78.	Lorrimer Humphreys								10					10	n	1
78.	Lucas Van Merkestein								10					10	n	1
78.	Malcolm Powers								10					10	n	1
78.	Michael Palmers			10										10	n	1
78.	Phillippe Delecheaneu				5	5								10	n	2
78.	Riain Casey													10	n	1
78.	Sam Flockhard			10										10	n	1
78.	Sebastian Bigarelli			10										10	n	1
78.	Shona Tudge						10							10	n	1
78.	Thomas Williams		10											10	n	1
78.	Tim Bigarelli			10										10	n	1
78.	Weiger Vos								10					10	n	1
102.	Ashley Sanderson				5									5	n	1

Ted Joy Notes

e: Eligible

p: Provisionally eligible if 40 runs/walks are completed in 2025

n: Cannot complete 40 runs/walks in 2025

a: Did not complete enough runs/walks in either of 2023 or 2024

Points for Helping are shown in brackets - e.g. (20)

Number of records: 102





Trail Corner

With Lucas Beck, Trail & Ultra Coach

G'day trail legends!

During UTMB week at the end of August, [Nathan Pearce](#) ran [ETC](#), a punchy 15km with 1200m elevation. In a fully stacked field, he placed 70th out of 1350 entrants, in a fantastic time of 1:48:00.

At Surf Coast Century, **Cat & Mandy** ran the 50km in 8:01:41 and 8:24:25 respectively. Excellent results for the ladies and both are looking good for Tarawera in NZ next February. I received a late call-up to join a 4-person relay team and ran leg#1 in 2:45:39 (Team Running on Empty 11:39:26).

Robyn Wilmshurst ran the 100km solo for her 50th birthday in 15:41:36, for a well-deserved beer stein, on ya **Robbo!** And four young fellas smashed the 100km course record in the team relay in 6:51:44, jaw-dropping pace!

Watching the UTMB coverage this year was amazing, and made me appreciate my 2024 race even more. If you're thinking about entering OCC, CCC or UTMB races, following is the brief version of how to enter.

To enter the HOKA UTMB World Series lottery for the finals, you need at least one Running Stone from a UTMB World Series event or Major in the last two years and a valid UTMB Index in the appropriate race category.

Create a [UTMB World Series Account](#) to track your performance and manage your entry.

Earn a Valid UTMB Index. You can obtain an index by completing a UTMB World Series event or any of the 5,500+ UTMB-recognized races worldwide in the last two years.

Collect Running Stones. Running Stones are lottery entries for the UTMB Finals. You collect them by finishing UTMB World Series events or Majors, with longer races awarding more stones.

Enter the Lottery. Once you have your required Running Stones and valid UTMB Index, you can enter the lottery (December-January) for the HOKA UTMB Mont-Blanc finals. Each Running Stone you possess gives you an additional chance in the draw.

See you on the trails

Lucas Beck, Trail and Ultra coach





Top Left: Cat after her 50km at the Surf Coast Century, Robyn after her 100km; Luke & Nick 'Francis' sitting down on the job!

Upcoming Events

[Mt Macedon](#). 5 October. 10km – 21km – 30km – 42km – 50km

[Rollercoast Trail Run](#). 18 October. 12km – 23km – 46km

[Marysville Marathon](#). 8–9 November. 1500m Kids dash – 4km – 10km – 7km & 14km
KQOM – 21km – 42km – 50km – 100km

[Ultra Trail Kosciuszko](#). 27–29 November. 32km – 50km – 106km – 161km

[Tarawera Ultra-Trail New Zealand](#). 14–15 February 2026. 14km – 23km – 52km – 103km – 163km

[Ultra Trail Australia](#) (UTMB World Series Major). 14–17 May 2026. 12km – 22km – 50km – 100km – 162km

[UTMB](#). 24 – 30 August 2026. **UTMB** 174km – **CCC** 101km – **OCC** 57km – TDS 153km – ETC
15km – PTL 300km – MCC 40km – YCC 15km





Melbourne's leading inner-western suburbs Recreational running club!

Our club offers runners of all abilities the chance to achieve their goal, whatever that goal may be. Guests and visitors including beginners are always welcome at our events and training sessions, which are always free. We only ask that if you like running or training with us, that you support the club and join as a financial member after 3 sessions.

Our competitive membership fees, give you many benefits including Athletics Australia accredited coaches and run leaders, Insurance cover, Athletics Victoria affiliation and access to AV events and services. We also have family and reduced rate concession memberships.

Financial members qualify for discounts from our club sponsors:



John Ayton from SportsPower Williamstown (83-85 Ferguson Street)

Abby Speakman from Symmetry Physiotherapy Williamstown (84 Douglas Parade)  SYMMETRY

Join us for Regular Group Training Sessions and Social Runs

- Track sessions every Tuesday morning (6:00am start) and Tuesday evening (6:15pm start) at Newport Park Athletic Track (or as advised), led by AA accredited coaches, including warm-up
- Hill sessions on Thursdays mornings and evenings, check Facebook
- Sunday morning Long Runs for building endurance, check Facebook
- Sunday morning Newport Lakes laps & Occasional Sunday morning Social Well-being runs

Join us for Regular Handicap Competitions, which suit all abilities

- Hobbos traditional monthly 5km Handicap for runners and walkers, on the last Saturday of every month, check-in by 7:40am. Walkers and early starters arrive early for 7:50am start.
- 1500m track events held around Christmas, Easter and Spring, and 5000m track time trial
- Winter 3000m cross-country event at Newport Lakes
- Two mile "Phar Lap" event, Monday before Melbourne Cup at the old Williamstown Racecourse
- Daylight Saving Series, consisting of some of the above events, all followed by free BBQ's

For latest training and event details, check our Facebook group page as schedules and availability can change at short notice

Website: www.hobbos.org.au

Email: enquiries@hobbos.org.au

The September handicap is #361

How many have you done?

